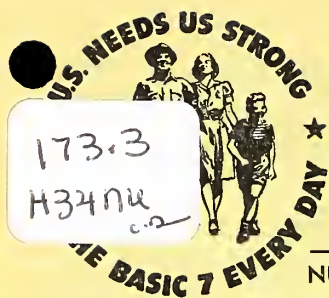


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NUTRITION

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ACHIEVEMENTS OF WORLD HEALTH ASSEMBLY

Nutrition was one of the six major programs adopted by the first World Health Assembly, which convened at Geneva on June 24 for a 4-week session. Sixty-eight countries, including the United States, participated. The other programs are aimed against malaria, tuberculosis, and venereal disease and toward the improvement of environmental hygiene. The program for maternal and child health was largely based on the plan submitted by Dr. Martha Eliot, the United States delegate.

The Assembly established a single World Health Organization with headquarters at Geneva, consolidated the activities of earlier health organizations, and made plans for setting up five regional offices to meet different health needs of various areas throughout the world. A temporary office in Europe will take care of problems in war-ravaged countries.

To carry out the six programs adopted and other activities, special divisions will be established with the WHO secretariat and expert committees appointed.

The first legislative measures ever passed by an international health body for application nationally but without need for legislative action on a national level were also approved by the Assembly. This is an important step in controlling the international spread of disease.

Dr. Brock Chisholm of Canada was elected Director-General of WHO.

LATIN-AMERICAN NUTRITION CONFERENCE AT MONTEVIDEO, JULY 18-28

To the conference on nutrition problems of Latin America, convened by the Food and Agriculture Organization of the United Nations, some 60 persons were sent as delegates or observers from 19 countries and 8 international organizations. From the USA Dr. Hazel K. Stiebeling, Chief of BHNHE, was delegate with Dr. Harold R. Sandstead of the United States Public Health Service as alternate, and Hubert C. Maness and Arthur T. Thompson, Agricultural Attachés at Montevideo and Buenos Aires, as advisers.

Dr. Stiebeling reports that the major work of the conference was conducted in committees; they studied specific problems and framed recommendations to guide governments, private institutions, and individuals in initiating and carrying out sound nutritional policies.

The 73 recommendations on 18 subjects which emerged from the discussions relate to the 4 major items on the agenda: (1) The nature and extent of problems of nutrition in Latin America; (2) practical methods for improving nutrition; (3) establishment of national nutrition organizations, their function and programs; and (4) the need for a regional nutrition committee in Latin America.

The recommendations covered--

- ..Methods of making nutrition surveys, including collection of data about dietary habits and prevalence of nutritional diseases;

- ..Determination of nutritive value of foods already in use in Latin America, especially of those, the consumption of which might profitably be extended;

- ..Development and orientation of agriculture to meet human physiological needs;

- ..Improvement of nutrition in selected "demonstration areas" by the cooperation of experts in agriculture, animal husbandry, sociology, home management, education, and medicine;

- ..Special problems presented by pregnant and nursing women, infants and preschool children, school children, and industrial workers and their families;

- ..Spread of knowledge of fundamental principles of sound feeding throughout all sections of the population;

- ..Methods for conserving food and avoiding waste;

- ..Training of persons suitable to carry out practical nutrition programs;

- ..Establishment of national nutrition committees, their organization and scope;

- ..Convening of a Latin-American nutrition conference at periodic intervals.

The final report will be available later as an FAO document. The conference achieved the aims for which it was called. It enabled delegations to

exchange information on methods and progress and to consider programs for nutritional improvement. It helped nutrition workers in various countries to become acquainted with each other and with the Secretariat of FAO. It afforded encouragement and inspiration to persons working in comparative isolation in the relatively new field of food, nutrition, and agriculture.

The Spanish-speaking countries of this hemisphere face a serious shortage of personnel competent in nutrition. Interchange of graduate students--in agriculture and home economics as well as in medicine--is important for the continued and accelerated development of nutrition work in Latin America. Teamwork is needed, joining together more closely agriculture and public health on the one hand, and research and education on the other. More attention should be given to food and nutrition in the education of women. More countries should appraise current food production and consumption in terms of estimated nutritional needs.

This is the second regional meeting of FAO to consider nutrition problems. The first was held last February in Baguio, Philippines, to plan an FAO development program in East Asia. Representatives from Burma, the Malayan Federation, the Philippines, Indo-China, and Java attended. The resulting report entitled "The Nutrition Problems of Rice-Eating Countries in Asia" deals with ways and means of improving rice as eaten and of supplementing rice diets.

AID FOR GREECE ON NUTRITION PROBLEMS

"Appreciation of Americans runs high in Greece," M. L. Wilson reported on his return in July from Greece, where he helped initiate an extension service at the request of the American Mission for Aid to Greece. "My work in Greece was not trying to transplant the Extension Service of this country," he said. "It was to inspire the Greeks with confidence that they could build up one of their own to fit their needs, and to get them to decide they really wanted one. This they now have done through the Ministry of Agriculture, the colleges of agriculture, and Council of Cooperatives."

AMAG supplied food for widespread child feeding and school lunches. Along with the nonfat dry milk made available to schools, necessary information was given on how to use it.

Dr. Edna White of the Merrill-Palmer School in Detroit, and Dr. Clara Tucker of the University of Louisiana, now back in the United States, worked out plans for

the rehabilitation of the School of Home Economics at Athens. Miss Louise Bryant, formerly Texas home-management specialist, is continuing consultant service in food preservation and home economics matters.

The U. S. Public Health Service loaned Dr. Elton S. Osborne, Jr., to assist the Mission on nutrition problems for several months.

Working with the Greek Government on a plan for the establishment of a National Nutrition Service, and assisting in the training of nutrition workers is a nutrition officer from the FAO. Another FAO nutrition officer at Cairo is working on nutrition problems in the Near East.

NUTRITION IN BIZONAL GERMANY

Dr. Sebrell was a member of a special commission appointed by the Secretary of the Army to study nutrition in bizonal Germany last May. The Commission found that--

1. The state of nutrition of the urban population in the American and British zones of Germany are below that required for full capacity to work.

2. Present food supplies allow a fairly satisfactory state of health and nutrition at reduced weight and activity but do not permit increase in work output without further deterioration.

3. Existing inequalities and irregularities in the supply and distribution of food aggravate shortages and are a cause of demoralization. No system of rationing can be wholly successful until there is an unrestricted supply of a cheap source of energy such as bread or potatoes.

4. 2,540 calories per head per day as food actually eaten will be necessary to achieve rehabilitation and provide energy needed for industrial production.

5. The problem of German nutrition in relation to production cannot be considered solely from the standpoint of calories. A suitable supply of meat, fish, or other food of animal origin and fat should be provided.

NEWS OF STATE COMMITTEES

WEST VIRGINIA:--The "Breakfast Fashion Parade" and brunch were featured at the meeting of the Randolph County Farm Women's Council in May at the West Virginia University. The Randolph Enterprise of Elkins wrote up the Parade and illustrated it liberally with photographs of women carrying trays with different types of breakfasts. The breakfasts were called quick fix, school starter, working man, summer, Sunday morning, homemaker, reducing, and brunch.

The Parade is but one of the many devices used by the West Virginia Nutrition Committee to focus attention on better breakfasts. This campaign was described in the February and May NNL and is continuing with special "weeks" in different cities at different times.

In Kanawha County the Good Breakfast Week started March 15. Standard Brands, West Virginia Retail Grocers Association, West Virginia Restaurant Association, and the American Restaurant Magazine sponsored an essay contest for high-school pupils on "Why I Eat a Good Breakfast." The winner and her home economics teacher were given a 3-day trip to New York City. Students also wrote jingles which were read over the radio. Nation-wide publicity was given this week's program through the radio program "Hint Hunt."

The committee has received many letters of congratulation from organizations and individuals on the report of the Better Breakfast Program printed by the Cereal Institute.

At the May 18 meeting representatives of the various agencies comprising the committee reported their activities in carrying on the nutrition education program. Among other things, these reports indicated that--

- ..An educational program on nutrition is being sponsored in many of the industrial plants throughout the State.

- ..The State Health Department offered a series of four lessons on nutrition through local health nursing supervisors in the larger cities.

- ..The State Federation of Labor is distributing leaflets at State meetings on good breakfasts.

- ..A nutrition exhibit was shown at meetings of the State Dental Society and the State Medical Association.

- ..Dietitians will conduct nutrition programs in the institutions in which they work. Help is being given through the State Dietetics Association to institutions not having dietitians.

- ..The seventh and eighth grades in Morgantown emphasized the use of whole wheat bread and milk, using rat experiments. It was brought out that there is great need for nutrition education in elementary grades because many children leave school after the eighth grade.

- ..In its better light—better sight project for fifth and sixth grades, the Monongahela Power Company points out the close relationship between diet and eyesight. This company also broadcasts weekly and has prepared a series of nutrition records.

- ..The garden program mentioned in the May NNL is following through with empha-

sis on pest control and food preservation. Articles on gardening and on vitamin C foods were prepared and published in county and city papers throughout the State. Broadcasts on nutrition and gardening continued throughout the summer.

CHICAGO, ILL.:--The Annual Report for 1947-48 of the Chicago Nutrition Association outlines briefly its organization and purpose and lists the high points of its accomplishments for the year. Some of these were described in the NNL for January, March, and May. Others include: ..Planned and staged five program meetings--three for its own members, one for professional and one for nonprofessional groups. In addition, it cooperated with the American Dietetic Association and the Chicago Medical Society in their meetings.

- ..Progressed in its effort to determine nutritional status of people of the Chicago area. A plan for research has been developed and an organized effort is under way to obtain funds.

- ..Worked with education and school lunch administrators to further nutrition education in the schools and to improve school lunch programs.

- ..Generated a consciousness of need for adding or expanding nutrition services by public health and welfare agencies.

- ..Conferred with the YWCA of Chicago on development of its nutrition education program.

- ..Brought nutrition to the lay public by providing nutrition book reviews in daily newspapers. The public library cooperated by posting the covers of new nutrition books on a bulletin board and placed nutrition exhibits in the lobby of the library. It also ran off nutrition films at the noon hour.

The Chicago Nutrition Association received the endorsement of the Chicago Association of Commerce and Industry as a recognized organization functioning in the community.

Mrs. Thelma Porter is now president.

MINNESOTA:--The State Nutrition Council carried on three major projects last year:

1. It compiled statements on services available at State and county levels by member organizations in the interest of furthering nutrition education. The material is being edited and should be ready for early fall distribution.

2. It acted in advisory capacity in a project to study and evaluate methods of nutrition instruction in five Ramsey County schools..

3. It cooperated with State Departments of Education and Health, the U. S. Department of Agriculture, and the American Red Cross in a school lunch workshop for schools of Ramsey, Washington, and Dakota Counties held in St. Paul on September 1. The morning session included a discussion on "Making the Menu Meet A and B Standards with the Use of Donated and Surplus Commodities," a showing of the film, "The School That Learned to Eat," (See New Materials); and a talk by Marion Benson on "The Value of School Lunch in Developing Good Food Habits." The afternoon session consisted of a panel discussion of school lunch problems by four school lunch workers and four local professional people. Local wholesale grocery and equipment firms furnished displays for the workshop.

At the September 1947 meeting of the Council the program for the year was planned; in December Perry J. Sandell, Director of Health Education, spoke on "Nutrition Education for Children in Minnesota"; the March meeting was high lighted by D. E. Dvoracek's exposition of the "World Food Situation"; while Dr. Jane Leichsenring of the University of Minnesota gave a report at the May meeting of research in progress on "Factors Affecting Calcium Utilization."

NEW YORK CITY:—"How To Use Dry Skim Milk for Extra Nourishment" is a new leaflet issued by the New York City Food and Nutrition Committee. In a brisk, readable manner it answers questions about dry skim milk and gives 11 recipes for a variety of dishes with more than normal amounts of milk solids. The committee also has available the leaflets, "Nourishing Food Is the First Step to Health" and "Dry Skim Milk."

The Queens Nutrition Committee has the following program for the coming year:

1. Promotion of a nutrition diagnostic clinic.
2. Establishment of public markets.
3. Cooperation with the Queens School Health Council in an in-service nutrition course for teachers.
4. Preparation of news releases on current nutrition information, menus, recipes, and food-buying hints.
5. Promotion of better nutrition education for expectant mothers.

6. Promotion of greater food conservation.

7. Promotion of the school lunch program.

NEW MATERIALS

Publications on school lunches—a new one entitled "School Lunch Recipes Using Dried Fruits" prepared by BHNHE in cooperation with PMA; a reprinted one, "Quantities of Food for Serving School Lunches," by BHNHE; and a revised one, "A Yardstick for School Lunches," prepared by the Interagency Committee on School Lunches. All three may be obtained from PMA Information Branch, Washington 25, D. C.

The Department of Nutrition of the Harvard School of Public Health has reprinted its "Goals for Nutrition Education for Elementary and Secondary Schools." It is distributed by the Nutrition Foundation, Inc., Chrysler Bldg., New York 17, N. Y.; price 15 cents.

The 16-mm., 20-min. film, "The School That Learned To Eat," is available from the Education Section, Department of Public Services, General Mills, 400 Second Ave., S. Minneapolis, Minn. Produced for the University of Georgia with the assistance of General Mills, this film tells the story of a school that learned to eat by working and playing together. It illustrates preplanning activities of faculty and community workers; mobilization of community resources, close cooperation between home and school, and classroom activities. This sound and color film was shown at the International Film Festival at Edinburgh, Scotland, as "the best (U. S.) documentary film in education."

Sincerely yours,



M. L. Wilson, Chief
Nutrition Programs



W. H. Sebrell, Consultant